

Sweet Potato Casserole

Makes: 6 Servings

Sweet potato casserole is rich in flavor and low in fat.

Ingredients

- 2 tablespoons** 1% low fat milk
- 1 1/2 teaspoons** brown sugar
- 1 teaspoon** ground cinnamon
- 1/4 cup** quick cooking oats, dry
- 1 can** low-sodium sweet potatoes, drained and chopped

Directions

1. Preheat oven to 350 degrees F.
2. In a small bowl, combine milk, brown sugar, cinnamon, and oatmeal. Mix well and set aside.
3. In a medium-size baking pan, add the sweet potatoes so that they cover the bottom of the pan.
4. Add the oatmeal mixture on top of the sweet potatoes.
5. Bake for 20 minutes. Serve hot or refrigerate and serve cold.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	94	
Total Fat	0.5 g	
Protein	2 g	
Carbohydrates	21 g	
Dietary Fiber	3 g	
Saturated Fat	0 g	
Sodium	30 mg	